



MORNING:

6:00AM

- Work Out Clothes
- Teeth & Face
- Coffee
- Devotion / Meditation
- Affirmations / Goals
- Read 1 Chapter
- Plan Day
- Walk Dogs
- Work out
- Make Bed
- Shower & Cute Outfit
- Hair & Make up
- Food & Pills
- Water Plants

WORK DAY:

- Training Video
- Training Homework
- Reach out to 5 Brides
- Work on Brides Timeline
- Send Thank you card
- _____
- _____
- _____
- _____
- _____
- _____

SOCIAL MEDIA

- Post Insta
- Comment on 3 Hashtags
- Comment on 3 Post
- Post Facebook

EVENING:

- Clean Sweep
- Dinner
- Hubby Time
- 10 Grateful & Journal

TO DO:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

WEEKLY:

- Blog Post
- 3 Coffee Dates
- 1 Social Event
- Groceries Sunday
- Brush Tilly

HEALTH:

- WATER:
- MEALS:
- WORK OUT:
- VITAMINS/PILLS:
- RESTROOM:

PHONE TIME:

- FACEBOOK: __|_|_|_|_|_|_|
- INSTAGRAM: __|_|_|_|_|_|_|
- SNAPCHAT: __|_|_|_|_|_|_|
- EMAIL: __|_|_|_|_|_|_|_|_|_|
- NEWS: __|_|_|_|_|_|_|_|_|_|



MORNING:

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WORK DAY:

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EVENING:

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TO DO:

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WEEKLY:

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HEALTH:

- WATER: ○ ○ ○ ○
- MEALS: ○ ○ ○ ○ ○
- WORK OUT: ○
- VITAMINS/PILLS: ○
- RESTROOM: ○

PHONE TIME:

- FACEBOOK: __|_|_|_|_|_|_|
- INSTAGRAM: __|_|_|_|_|_|_|
- SNAPCHAT: __|_|_|_|_|_|_|
- EMAIL: __|_|_|_|_|_|_|_|_|
- NEWS: __|_|_|_|_|_|_|_|_|

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DATE _____

I'M GRATEFUL FOR...

- 1.
- 2.
- 3.
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- 10.

TODAY I....

- 1.
- 2.
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- 10.

WHAT WOULD OF MADE TODAY EVEN BETTER?



MEAL PLANNING

SHOPPING LIST

MONDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

PRODUCE:

CANNED GOODS:

TUESDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

MEAT:

INSIDE AISLE:

WEDNESDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

THURSDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

DAIRY:

FROZEN FOOD:

FRIDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

HOME/PHARMACY:

OTHER:

SATURDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SUNDAY

BREAKFAST: _____

LUNCH: _____

DINNER: _____

